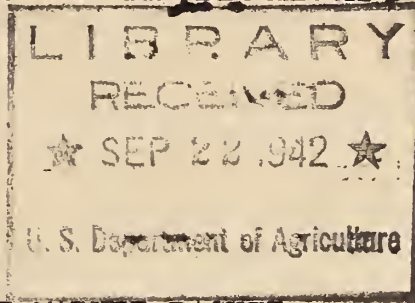


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United States Department of Agriculture

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AUGUST 5, 1942 :



WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

CANNING AND DRYING CORN

Fresh corn....on the cob or off....holds a spotlight all its own at any meal, from a picnic to a formal dinner. Almost everyone likes corn, and there is plenty of it these summer days - crisp and fresh, straight from the fields.

But not so far away is colder weather, when fresh vegetables will be a thing of the past for the time being. If we want corn then, we have to make preparation now - while we can still get it newly picked and just right for storing.

Canning and drying are two ways to put up corn for future use. Here are some pointers from home economists, U. S. Department of Agriculture, on just how to follow through with these methods.

CANNING CORN - WHOLE GRAIN STYLE

.....Use only freshly gathered corn, with husks green and kernels tender and full of milky juice.

....."Two hours from garden to can" is a good rule to follow with sweet corn for canning. The sugar in corn begins turning to starch as soon as the ear leaves the stalk. And in hot weather especially, other changes can take place that may make canned corn difficult to keep if the corn stands around very long before it is put up. Can it quickly, and keep it cool until you do.

.....When you are ready to can, shuck and silk the corn and cut it from the cob - deeply enough to take off most of the kernels without removing the hulls too. Do not scrape the cobs for whole-grain style canned corn.

.....Put the corn in a kettle. Add 1 teaspoon of salt for each quart of corn, and half as much boiling water as the corn by weight. The amount of water needed will be about 2 cups to a quart of corn.

.....Heat to boiling, and then pack hot into glass jars or tin cans. Be sure to leave head space when packing - 1 inch for glass jars and $\frac{1}{2}$ inch for tin cans. Head space is necessary so the corn will have room to expand during processing.

.....Tin cans for home canning are scarce this year because of the need for tin and steel plate for war. If you do can corn in tin, however, be sure the cans have a C-enamel lining. Corn in plain tin cans turns dark - not that the dark color is dangerous to health but it makes the corn look unappetizing.

.....Once the hot corn is packed into glass or tin containers, lose no time in getting it into the pressure canner.

.....And, above all, process canned corn under steam pressure, in a regular pressure canner. It is not safe to try to can corn in a boiling water bath or in the oven. Corn is starchy; heat penetrates it slowly. And corn must be thoroughly processed to the center of the jar to kill the bacteria that may make it spoil.

.....So, to play safe, process corn at 240⁶ F, or 10 pounds pressure. Processing time is as follows: 60 minutes for pint glass jars, 70 minutes for quart glass jars, 50 minutes for No. 2 tin cans, and 65 minutes for No. 3 tin cans.

.....Then cool the corn thoroughly and store in a cool, dry place - a dark one, too, for glass jars. "Flat sour" can easily develop in home-canned corn not cooled quickly enough or stored in too warm a place.

DRYING CORN FOR STORAGE

.....Drying is an old method of keeping summer's sweet corn for winter's eating. In recent years it has given way to a great extent to canning. But wartime brings a shortage of canning equipment, and so again home-makers are turning to drying as a way to conserve food. You can dry corn either by controlled heat or by the warmth of the sun.

.....Use any good table corn, gathered when it is in good condition for immediate eating. As in the case of canning, plan to use it right away - do not let it stand for any length of time before drying.

.....First, husk the corn and remove any blemishes. You do not need to silk it, however, because the silks separate easily from the kernels after they are dried.

.....Then steam the corn for 10 minutes, or hold it in boiling water from 8 to 12 minutes - or until the milk is "set." The milk is set when no fluid comes from the kernels when you cut across them.

..... If you steam the corn, you will find a pressure cooker ideal for this purpose. Put a small amount of water in the cooker, heat to a rapid boil, and steam the corn by placing it in a wire basket or colander set above the water level. Keep the cooker covered and the petcock open while the corn is steaming. If you do not have a pressure cooker, use a steamer or any large kettle or deep container having a tight fitting cover.

..... When through steaming or boiling the corn, drain it, cool it, and cut from the cob.

..... If you have some way to dry the corn by controlled heat, you will find this method much quicker than sun drying. If you have a drier, or can make one, spread the kernels on trays $1/2$ to $3/4$ inches deep and dry the corn at 130° to 140° F. Stir while drying, to separate the grains.

..... Whether or not you use a thermometer to keep check on the drying process, you can learn by feeling the food whether or not it is drying satisfactorily. It should be moist to the touch and cooler than the air flowing over it. If it is just about at air temperature and not moist to the touch, it is drying too fast.

..... Properly dried corn is hard, brittle, and semi-transparent. The kernels break cleanly when crushed.

..... When you take the corn from the drier, sort it over carefully. If there are any kernels that show signs of moisture put them back in the drier. Also if you are not sure that the corn as a whole has dried sufficiently, keep it in the drier a little longer, but with the temperature lowered.

..... Seal the dried corn immediately in moisture-proof containers and store in a cool, dark, dry place. Examine them once in a while. If you see any signs of moisture, reheat the corn to 165° F. and re-seal in the containers.

..... As a precaution against insects, you can return all foods to the drier just before storing them, or at any other time that seems necessary, and reheat for 10 to 15 minutes at a temperature from 165° to 180° F.

..... If you do not have means of drying corn by controlled heat you can sun-dry it - providing the weather in your locality permits.

..... Speed is necessary in putting up corn by the sun-drying method as well as by the controlled heat method. Work quickly from garden to storage.

.....Corn can be dried on an outdoor shelf, a roof slanting to the south, or racks in sunny windows.

.....Spread small lots on clean boards, heavy wrapping paper, canvas, cheesecloth, or clean flour or feed sacks held in place by laths. Wire trays or screens, or slat trays covered with thin cloth are even better because they let air circulate under the drying corn as well as over it.

.....Stir the corn two or three times each day while it is drying. Take it in at night, and whenever rain is expected.

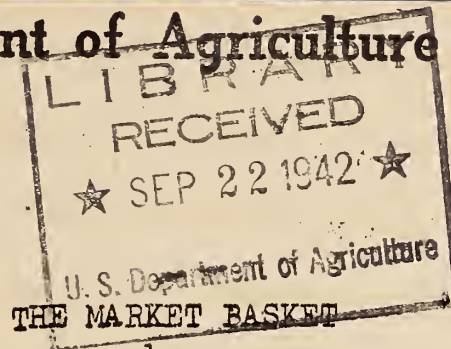
.....Pack just as you would pack corn dried in a regular drier.

.....Dried fruits and vegetables will keep for a year or longer, if properly dried and stored away.

4175M INFORMATION FOR THE PRESS

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WASHINGTON, D.C.

by
Bureau of Home Economics, U.S. Department of Agriculture

--- VITAMINS FROM FARM TO YOU ---

You need vitamins....everyone needs them to build a healthy body and to keep fit and strong. The most natural way to get vitamins is by eating the right kind of food - eating enough of it and eating it regularly.

So points out the U.S. Department of Agriculture. In popular language here is some information issued by the Department on why we need vitamins, how we need vitamins, how we get them from various foods, and what may take place in our bodies if we do not get enough of these vitamins:

WHERE VITAMINS ARE MADE

The farm is the greatest vitamin factory on earth. It produces good food from which we get vitamins in their natural form. A farm's vitamin assembly line runs from the ground up to the finished products that reach our tables.

For instance, seeds are rich in certain vitamins. Green growing plants produce and hold vitamins or vitamin materials that we get when we eat fruits, vegetables, and grains.

WHY WE NEED VITAMINS A, B, C, AND D

For our health's sake it is well to be well acquainted with these vitamins and know what they can do for us. Each has its own value; we need them all to help our bodies grow or to keep them in good condition. Very small amounts of vitamins handle big jobs.

Vitamin A could be called by a war nickname - the "blackout vitamin." It is beneficial to the eyes, is needed for normal eyesight in dim light. When you have too little vitamin A you may have what is known as night blindness - that is, you cannot adjust your eyes quickly from bright lights to darkness. If you have serious night blindness you cannot see well toward the right or left even in daylight.

Vitamin A is one of the vitamins needed for growth, and for healthy bones, nerves, and teeth. This vitamin, and the other vitamins too, help protect you against infections. It is also important for good skin, and good linings to nose, mouth, and other body organs.

The vitamin B group is quite a large family. B-1, called thiamine, can be nicknamed the "morale vitamin" because it makes for steady nerves....helps keep you cheerful. Those getting too little thiamine in food often have poor appetites, slow heart rate, constipation, and a tired feeling.

Another B vitamin is niacin, or nicotinic acid. This vitamin helps nerves and digestion, and also makes for a healthy skin. In addition, pellagra can be prevented by eating enough foods having B vitamin content - especially niacin.

Still another B vitamin is riboflavin, which is needed for health and normal growth. If one gets too little of this vitamin, sores may develop around the nose and mouth, the eyes may be over sensitive to light, and become bloodshot. Almost anyone can improve his health by eating more foods containing B vitamins.

Vitamin C's scientific name is ascorbic acid. This vitamin makes healthier tissues, particularly bones, teeth, and gums, and is well known as the "scurvy fighter." Foods containing vitamin C, such as orange or tomato juice, are given babies to keep them safe from this condition - help them to grow normally.

Vitamin D is a two-way vitamin - you can get it from sunshine as well as from foods. This vitamin helps bones and teeth grow strong and straight - that

is why it is so necessary for children to get a regular supply of it.

HOW TO GET YOUR VITAMINS

Human beings, as well as cows, chickens, and fish, manufacture vitamin A in their bodies. You can store it in your body for future use too - and it is best to get a good supply every day so you have a "reserve" to draw on should you need it.

Bright colors - yellow, green, orange, sometimes red - are often signals of vitamin A value which you can get by eating ripe yellow and green vegetables and some red ones, such as tomatoes. You also get it from liver, butter, and eggs.

B vitamins come in many foods. Some of these foods contain only one or two of the B group - others have more. Among those having thiamine, niacin, and riboflavin are: whole eggs, milk, lean beef and mutton, liver, cabbage, collards, cowpeas, kale, mustard greens, peanuts, dried or green peas, spinach, soybeans, tomatoes, and turnip greens.

Vitamin C is found in citrus fruits and several other fruits, tomatoes, kidney, liver, and many vegetables. Canned tomatoes and citrus fruits have about as much vitamin C as fresh ones - so you can keep it on the shelves too. You cannot store large amounts of vitamin C in your body so you have to get a supply every day.

When sunlight meets the skin directly, vitamin D is formed. And you can get this vitamin from several foods, such as butter, cream, whole eggs, and egg yolks, whole milk, some fish, and fish-liver oils. Livers of halibut, perch, and shark are some foods which have particularly rich supplies of this vitamin.

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WASHINGTON, D. C.

U. S. Department of Agriculture

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THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

CHEESE--CURRENT VICTORY FOOD SPECIAL



NOTE TO EDITORS: From time to time, the Agricultural Marketing Administrator of the U. S. Department of Agriculture designates certain foods as VICTORY FOOD SPECIALS. These "specials" are foods that, for one reason or another, are super-abundant on the market. They must be moved promptly in order to make full use of this country's wartime food supply. Consumers can keep good food from wasting-- save grocery dollars by taking advantage of these food specials. In the following paragraphs are suggestions for using the current VICTORY FOOD SPECIAL being featured by food merchants the Nation over.

There is plenty of cheese--good cheese--in every part of the United States right now. There's enough at this time to supply our own fighting men--to ship to our allies--to serve often here at home. From August 17 through August 29, food stores the country over are featuring cheese as a Victory Food Special.

This is good news to homemakers--especially those in parts of the country feeling a temporary shortage of certain types of meat. For cheese contains the same high-type protein that is in meat. Many cheese dishes, like meat dishes, are the substantial kind around which you build a meal.

Homemakers also welcome cheese plenty now in view of the fact that less than a year ago the supply picture was not so rosy. At that time, the United States was making only enough cheese to meet normal peacetime needs. Suddenly there came a big wartime demand from countries depending on our Lend-Lease food.

So our cheese industry had to turn to and meet new high goals in cheese production. In less than a year it has surpassed the goal of one-third more production called for in the big Food-for-Freedom program.

Partly because of big production, partly because demand from abroad has had a seasonal slackening, the amount of cheese now available for our own use is exceptionally large. By helping make full use of these heavy supplies, homemakers can help keep up the high rate of cheese production -- relieve taxed storage facilities. We'll be needing more and more cheese in months to come for Lend-Lease and military use.

CHEESE STANDS ON ITS MERITS

It's easy to see why there's so much ado nationally and internationally about cheese as soon as you see what it has to offer in the way of food value. Take American cheddar cheese -- which makes up about four-fifths of our total production here -- and is the kind we send under Lend-Lease.

This cheese contains the efficient kind of protein that provides the building stuff of the body -- repairs wornout tissues. By far the greatest share of American cheddar is made from whole milk, and therefore has enough fat in it to make it a good fuel food and one that "stays by" the eater -- keeps him from feeling hungry right away after a meal.

Cheese rates high also as an excellent source of calcium -- the mineral that gives shape and permanence to body framework. If it is made from whole milk, cheese supplies vitamin A. Also it has in it considerable riboflavin -- another vitamin needed for health and normal growth.

In fact, cheese made from whole milk contains almost all the food value of the milk itself -- done up in a compact package with the liquid squeezed out. Although a bit of the milk's food value goes off in the whey, for all practical

purposes if you wish you can count $1/3$ of a pound of cheese equal to 1 quart of fluid milk when you figure your family's daily milk quota.

Every bit of cheese -- down to the rind -- is good food. If the cheese gets too hard to cut easily, grate it and use it that way. Keep cheese well wrapped in a cool place.

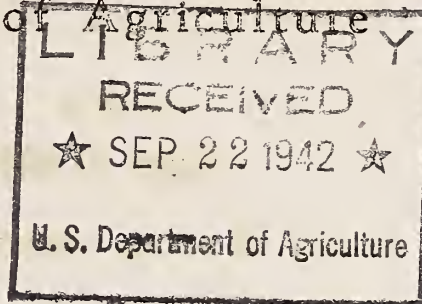
CHEESE COOKING BRIEFS

-Build cheese right into your meals. It is a concentrated food that contributes a lot of food values.
 -Cheese and eggs make up many substantial main dishes -- souffles, fondues, rabbits, baked eggs and cheese. As far as temperatures are concerned the same cooking rules hold for both of these good protein foods. Both become hard and tough if cooked at too high temperatures.
 -Keep heat low in cooking cheese dishes atop the stove, by setting them in a pan of hot water. Most cheese dishes cooked in the oven need temperatures from slow to moderate.
 -Get cheese into small pieces before you combine it with other ingredients in most cooked dishes. Grate the cheese, slice it, cube it, or run it through a sieve. That way the cheese cooks more quickly, can be distributed evenly throughout. Cheese heated in one big chunk stays in that chunk after the fat melts out. Then it is impossible to divide this mass into smaller pieces and mix them evenly throughout the dish.
 -A good way to combine cheese with potatoes and leftover vegetables...with cereals such as spaghetti and macaroni...is to make a cheese sauce to pour over the other cooked ingredients. Make a white sauce of flour, fat, milk, and salt. Take this sauce from the stove. Add the finely broken cheese, and stir the sauce until the cheese melts.
 -Add food value and variety to biscuits and muffins by putting grated cheese in with the dry ingredients first, then add the cheese.
- In a muffin recipe that uses 2 to 4 tablespoons melted fat, one-half cup of cheese may replace the fat. In a biscuit recipe calling for about $1\frac{1}{2}$ cups sifted flour, $1/2$ cup grated cheese may be added to the other ingredients.
-If you have difficulty making a Welsh rabbit that is smooth and uncured try this. Make the cheese into a white sauce mixture before you combine it with the egg. Keep the temperature low throughout.

THE END

THE END

United States Department of Agriculture



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THE MARKET BASKET

by
Bureau of Home Economics, U. S. Department of Agriculture

TOMATOES - AN EASY VEGETABLE TO CAN

One of the season's most versatile foods, the tomato, is lending a bright touch of color to gardens, markets, and tables these days. Aside from being pleasing in appearance and refreshing to taste, the tomato has another advantage - that of being an easy vegetable to can.

And the tomato is nutritious too. Well-known as a valuable source of vitamin C, this vegetable also gets honorable mention for its vitamin A, some vitamin B₁, and iron. The vitamin loss in canning the fresh tomato is slight. Neither does reheating canned tomatoes when you open them have much effect on food value.

This season the tomato crop is a good one. For the second time this summer fresh tomatoes have been designated a Victory Food Special. They make their return engagement for the period from August 24 through September 5 in the states east of the Mississippi River and north of the Ohio and Potomac Rivers.

In any locality, however, homemakers can take advantage of the most opportune time to can tomatoes. The best time for canning this vegetable, of course, is whenever supplies of top-notch tomatoes are plentiful on nearby markets or in your own Victory Garden.

EASY TO CAN

Tomatoes are easy to can at home, compared with non-acid vegetables such as corn and peas. Because tomatoes are acid, as are fruits, you can process them in a boiling water bath instead of the pressure canner required for practically all other vegetables.

To save jar space - important now when there is a shortage of canning equipment - can tomatoes by the hot pack method. By canning tomatoes this way, more can be put up in a given amount of container space than by packing them raw.

Whether you prefer to can the tomatoes themselves, by the hot pack way, or just the tomato juice, here are some "how-to-do-it" tips from home economists, U. S. Department of Agriculture.

CANNING TOMATOES

.....Use firm, ripe tomatoes with no decayed spots. One bit of decayed meat can spoil a whole jar of tomatoes. If you have some tomatoes which have decayed spots but are otherwise good, save them for eating fresh.

.....First skin the tomatoes. The easiest way to do this is to put them in a tray or wire basket, dip them in boiling water for about a minute, and follow with a quick dip in cold water. Then drain, peel, and remove the cores.

.....Cut the tomatoes in quarters, heat to boiling and hold at boiling until the pieces are heated through. Then pack boiling hot into containers - adding 1 teaspoon of salt for every quart. Fill the jars or cans with boiling hot tomato juice and process immediately in a boiling water bath canner.

.....To make such a canner, use any vessel with a tight cover, big enough to hold several containers and allow for covering them with 1 to 2 inches of water. A large kettle or a wash boiler would be suitable. Fit the canner with a rack on the bottom on which to place the jars or cans.

.....Have water boiling in the canner. Then put the containers of hot-packed tomatoes on the rack, leaving enough room for the water to circulate freely around and under each. Make the boiling water cover the containers from 1 to 2 inches and keep it at this level throughout processing.

.....Put the top on the canner. Start counting processing time when the water begins to boil rapidly.

.....Process tomatoes for five minutes, whether you use tin or glass containers. This processing time applies only to altitudes of 1,000 feet or less. If you live in higher altitudes, increase the time 20 percent for each additional 1,000 feet - making the time 6 minutes for a 2,000 foot elevation and so on.

CANNING TOMATO JUICE

.....Work fast when you can tomato juice--this saves vitamins. To insure speed, work with only enough tomatoes to make 1 to 2 gallons of juice at a time.

.....First, wash and trim the tomatoes. You do not have to remove the skins. To preserve the flavor and color, use stainless steel knives if possible. Avoid copper, brass, or iron utensils.

.....Cut the tomatoes into small pieces. Then put them on the stove and simmer them until they are softened. Do not boil them.

.....Put the hot tomatoes through a fine sieve in order to remove the skins and seeds.

.....Add from $\frac{1}{2}$ to 1 teaspoon of salt to each quart of juice. However, omit the salt if the juice is for infants or invalids on saltless diets.

.....Reheat the juice immediately. If you use glass containers, heat the juice just to boiling, pour it into the sterilized jars or bottles, and seal them. No processing is necessary. Invert the jars while they are cooling.

If you use tin containers, heat the juice to 180° to 190° F, or to simmering, pour it into the cans, seal, and process for five minutes. This processing time applies to altitudes of 1,000 feet or less. Increase the processing time 20 percent for every 1,000 feet additional altitude.

.....Do not leave any head space when putting tomato juice in either glass jars or tin cans.

.....Because spices tend to darken the color of the juice and change the flavor, it is best to add them at the time you serve the juice instead of when you can it.

